



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 15010, Fish, catfish, channel, wild, raw

Report Date: June 25, 2017 17:39 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 159g
<strong>Proximates</strong>						
Water	g	80.36	5	0.301	68.31	127.77
Energy	kcal	95	--	--	81	151
Energy	kJ	397	--	--	337	631
Protein	g	16.38	5	0.235	13.92	26.04
Total lipid (fat)	g	2.82	5	0.595	2.40	4.48
Ash	g	0.96	5	0.025	0.82	1.53
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<strong>Minerals</strong>						
Calcium, Ca	mg	14	5	7.641	12	22
Iron, Fe	mg	0.30	4	0.024	0.26	0.48
Magnesium, Mg	mg	23	4	0.520	20	37
Phosphorus, P	mg	209	4	18.568	178	332
Potassium, K	mg	358	4	18.886	304	569
Sodium, Na	mg	43	4	3.871	37	68
Zinc, Zn	mg	0.51	4	0.032	0.43	0.81
Copper, Cu	mg	0.034	4	0.002	0.029	0.054
Manganese, Mn	mg	0.025	4	0.005	0.021	0.040
Selenium, Se	µg	12.6	5	0.823	10.7	20.0
<strong>Vitamins</strong>						
Vitamin C, total ascorbic acid	mg	0.7	4	0.225	0.6	1.1
Thiamin	mg	0.210	4	0.030	0.178	0.334

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 159g
Riboflavin	mg	0.072	5	0.006	0.061	0.114
Niacin	mg	1.907	4	0.167	1.621	3.032
Pantothenic acid	mg	0.765	4	0.120	0.650	1.216
Vitamin B-6	mg	0.116	4	0.012	0.099	0.184
Folate, total	µg	10	2	--	8	16
Folic acid	µg	0	--	--	0	0
Folate, food	µg	10	2	--	8	16
Folate, DFE	µg	10	--	--	8	16
Vitamin B-12	µg	2.23	4	0.155	1.90	3.55
Vitamin A, RAE	µg	15	4	0.000	13	24
Retinol	µg	15	4	0.000	13	24
Vitamin A, IU	IU	50	4	0.000	42	80
Vitamin D (D2 + D3)	µg	12.5	--	--	10.6	19.9
Vitamin D	IU	500	--	--	425	795
<b>Lipids</b>						
Fatty acids, total saturated	g	0.722	--	--	0.614	1.148
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.064	10	--	0.054	0.102
16:0	g	0.442	10	--	0.376	0.703
18:0	g	0.150	10	--	0.128	0.238
Fatty acids, total monounsaturated	g	0.844	--	--	0.717	1.342
16:1 undifferentiated	g	0.176	10	--	0.150	0.280
18:1 undifferentiated	g	0.594	10	--	0.505	0.944
20:1	g	0.021	10	--	0.018	0.033
22:1 undifferentiated	g	0.008	10	--	0.007	0.013
Fatty acids, total polyunsaturated	g	0.865	--	--	0.735	1.375
18:2 undifferentiated	g	0.101	10	--	0.086	0.161
18:3 undifferentiated	g	0.071	10	--	0.060	0.113
18:4	g	0.013	10	--	0.011	0.021

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 159g
20:4 undifferentiated	g	0.149	10	--	0.127	0.237
20:5 n-3 (EPA)	g	0.130	10	--	0.111	0.207
22:5 n-3 (DPA)	g	0.100	10	0.000	0.085	0.159
22:6 n-3 (DHA)	g	0.234	10	--	0.199	0.372
Cholesterol	mg	58	4	3.530	49	92
<b>Amino Acids</b>						
Tryptophan	g	0.183	--	--	0.156	0.291
Threonine	g	0.718	--	--	0.610	1.142
Isoleucine	g	0.755	--	--	0.642	1.200
Leucine	g	1.331	--	--	1.131	2.116
Lysine	g	1.504	--	--	1.278	2.391
Methionine	g	0.485	--	--	0.412	0.771
Cystine	g	0.176	--	--	0.150	0.280
Phenylalanine	g	0.639	--	--	0.543	1.016
Tyrosine	g	0.553	--	--	0.470	0.879
Valine	g	0.844	--	--	0.717	1.342
Arginine	g	0.980	--	--	0.833	1.558
Histidine	g	0.482	--	--	0.410	0.766
Alanine	g	0.991	--	--	0.842	1.576
Aspartic acid	g	1.677	--	--	1.425	2.666
Glutamic acid	g	2.445	--	--	2.078	3.888
Glycine	g	0.786	--	--	0.668	1.250
Proline	g	0.579	--	--	0.492	0.921
Serine	g	0.668	--	--	0.568	1.062
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0